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A SWIFT APOLOGY
KANYE SHARES REMORSE OVER MIC THEFT ONLINE {page 10}



THAT'S COLD
CONAN TAKES SHOT AT OUR WEATHER
LOCAL {page 5}



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Tuesday, September 7, 2010
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Holiday. March

▶ Two musicians perform yesterday during the Halifax Labour Day March near the Halifax Common. Story, page 4

PHILIP CROUCHER/METRO HALIFAX

Taking it to the streets on Labour Day

Several hundred people participated in the annual event, including Premier Darrell Dexter and Halifax MP Megan Leslie. It was the 12th year for the Labour Day March.

The Tweets shall inherit

HRM church blesses parishioners' gadgets {page 5}

Keeping up with the Herd

New Mooseheads doing well in pre-season {page 23}

Earl leaves blackouts in its wake

▶ Power outages still hampered parts of HRM yesterday ▶ Hundreds of NSP workers involved in getting lights back on ▶ Crews from NB Power also assisting

More than 100 people were without power in the west end of Halifax yesterday, two days after hurricane Earl swept through. Nova Scotia Power spokesman David Rodenhiser said there were several new outages as a result of the after-effects of Earl. The blackouts were caused by broken branches and trees falling on power lines.

At the worst, 220,000 households and businesses were without power in the province because of the Saturday storm.

"We're hoping to get most customers who are out back on (Monday)," Rodenhiser said.

By nightfall, power crews were able to reduce the overall number of outages across the province to a little more than 300.

Coun. Sue Uteck said the South End was hit pretty hard by Earl. Many area residents didn't get their power restored until 11:30 p.m. Sunday.

Downed branches and tree limbs remain along many side streets.

"Of course, in every one of these things, there's something to learn," Premier Darrell Dexter said yesterday about the storm, which delivered wind gusts of up to 130 km/h in some areas of HRM.

"On balance, we had a reasonable response, and it will continue to get better."

There was one death related to the hurricane. Johnny Mitchell Jr., 54, tried to save a boat that came loose from its mooring in Blind Bay near Bayside at approximately 2:30 p.m. Saturday. Mitchell dove into the water and tried to swim back when he went under.

PHILIP CROUCHER/METRO HALIFAX



▶ Mildred Lewis stands next to fallen branches outside her home yesterday. More coverage, page 3

JENNIFER TAPLIN
WITH FILES FROM THE CANADIAN PRESS

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RYAN TAPLIN/METRO HALIFAX



▶ Jessica Bethune, 6, plays on the branches of a tree knocked down by hurricane Earl on Armcrescent West Avenue in Halifax's west end on Saturday.

Hurricane batters trees, power lines

▶ Hurricane Earl was a low-level Category 1 storm when the eye made landfall near Shelburne ▶ HRM was one of the hardest hit areas in the province as the storm took a more eastern track ▶ Wind gusts reached up to 130 km/h



JENNIFER TAPLIN
@METRONEWS.CA

Hurricane Earl roared through MacDonald Street in west-end Halifax on Saturday morning, leaving live power lines sizzling nearby and mighty trees broken.

Earl caused tree damage throughout HRM on Saturday morning, but hit some areas harder (south and west ends of Halifax) than others. Residents were still picking up branches and tree limbs yesterday.

"The wind blew straight up our street," said Tim Lee, a resident on MacDonald Street.

He added hurricane Earl continued the damaging work on Flynn Park hurricane Juan started in 2003.

"The wind was pushing down and it was the twisting of the branches that did most of the damage," he said.

A power line on nearby Churchill Drive fell, but police and power crews arrived quickly to fix it.

"They were absolutely fantastic and I can't believe how fast they were to come around here," Lee said. "They were out in the hurricane to clear (the broken branches) off."

Power to the neighbourhood was restored Sunday night.

Coun. Sue Uteck said Nova Scotia Power crews told her damage was heaviest in the south end. But Uteck said she was surprised how well Point Pleasant Park fared through Earl.

"There were fewer trees down than we expected," she said, adding most of the damage was just broken branches.

Cleaning up

- HRM advises residents private property trees are the responsibility of owners.
- Limbs and branches no longer than four feet and no bigger than eight inches can be bundled and placed for curbside pickup.
- Maximum number of bundles is 10 per household.
- HRM crews will begin pick-ups today.

1 news

On the web at metronews.ca

Allan Small wonders if it's time to worry about a new market bubble. More at metronews.ca/investing

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Groups call for action on holiday

Hundreds attend Labour Day rally and march on Halifax Common
Union representatives and workers celebrate gains, note challenges ahead



ALEX BOUTILIER
@METRONEWS.CA

About 500 union members and supporters gathered on the Halifax Commons yesterday to take part in the 12th annual Labour Day rally and picnic.

And while union representatives celebrated gains made over the past year, they also called shame on the unemployment levels in Nova Scotia and across the country.

"We have a problem," Kyle Buott told the crowd.

Buott, spokesman for the Halifax-Dartmouth District Labour Council, said his organization is also calling for stronger pubic pensions, higher minimum wages and easier access for workers to join unions.

But despite those challenges, the mood at the picnic was mostly positive.

Anne Marie Foote, a member of the CEP Local 232, said Labour Day shouldn't be thought of as simply the last statutory holiday before fall.

"It's not the end of summer for me, it's one of the summer celebrations," she said.



"The spirit here is always good."
PREMIER DARRELL DEXTER TO THE CROWD AT YESTERDAY'S RALLY.

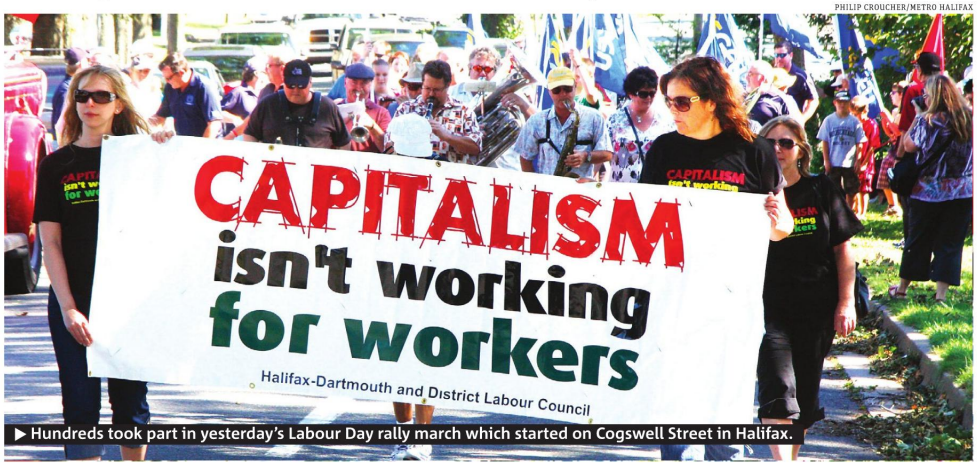
"It's a day to celebrate the accomplishments that working people have had over many, many, many decades," Premier Darell Dexter told the crowd.

Dexter said he thinks workers have a "renewed sense of optimism" about Nova Scotia and the economy.

His government just finished negotiations with the Nova Scotia General Employees Union — negotiations union representatives called a victory for both their members and the province.

"We're getting through these things in a very reasonable way," said Dexter. "For me, it's about respect. It's about having respect for (the workers) ... but it's also about respect for a government that has to get through some very difficult financial times."

PHILIP CROUCHER/METRO HALIFAX



▶ Hundreds took part in yesterday's Labour Day rally march which started on Cogswell Street in Halifax.

Province keeping decision quiet

The province is staying mum on whether or not it will contribute funding for a proposed new trade and convention centre for downtown Halifax.

Shawn Fuller, spokesman for Premier Darrell Dexter, said no decision had been reached as of yesterday, and no conversation between the premier and Infrastructure Renewal Minister Bill Estabrooks on the matter had taken place.

Estabrooks told reporters on Thursday he had reviewed the proposal, and had an opinion on the matter. He also said he will not share said opinion with his cabinet colleagues or the public pending a discussion with Dexter.

● ALEX BOUTILIER

N.S. sends $100K to flood victims

The province is contributing $100,000 to relief efforts in Pakistan.

Premier Darrell Dexter told reporters yesterday Nova Scotia will join other jurisdictions around the world to help the flood-ravaged country.

"Our decision was to do what we did when there was the disaster in Haiti and to contribute $100,000 for relief in Pakistan," said Dexter, who officially announced the funding yesterday.

Huge need

The United Nations says it needs hundreds of millions of dollars in new donations to get supplies and shelter to Pakistanis hit by flooding.

The United Nations estimates approximately 18,699,000 people in at least 14,059 villages have been affected by the monsoon flooding in late July.

● ALEX BOUTILIER

Man, 21, drowns in city lake

A 21-year-old Halifax man drowned at Chocolate Lake on Saturday.

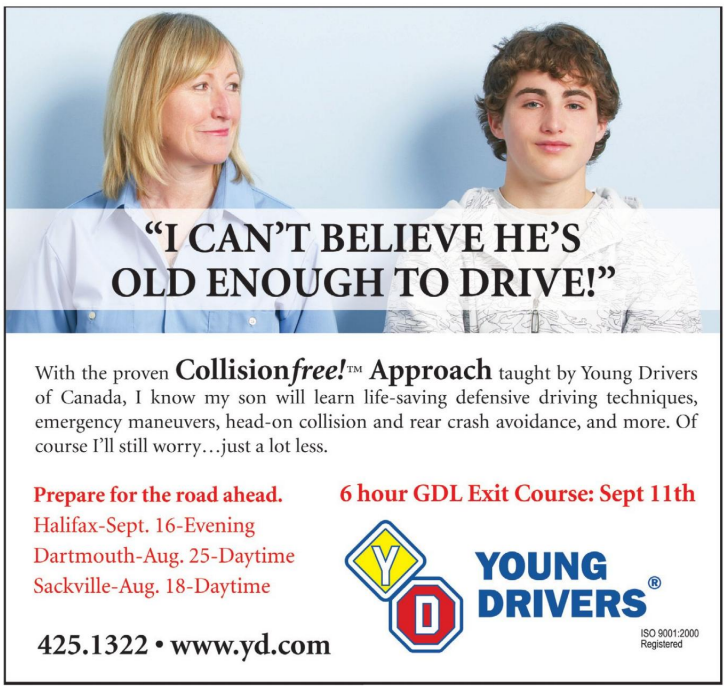
Police were called to the Armdale beach shortly after 1 a.m. on Saturday.

Four people were taking a late-night swim when the 21-year-old man went under the water in distress.

The HRM fire boat and paramedics arrived on the scene.

RCMP divers recovered the body at 5:10 a.m.

● METRO HALIFAX





EARL AFTERMATH

Lineman gets shock in C.B.

A Nova Scotia Power lineman in Cape Breton was sent to hospital after getting a shock while repairing damage caused by hurricane Earl.

Police say the man was working in a bucket in the Sydney area when he got tangled up in live wires in high winds on Saturday just before 6 p.m.

Police say his partner on the ground ran to a nearby pole and threw a switch to kill the power.

Utility spokesperson Stacey Pineau says the employee is fine after receiving a minor shock.

He was expected to be back at work on Sunday as crews continue to repair the storm damage.

The utility will investigate the incident.

THE CANADIAN PRESS

Church tries out 'grace for gadgets'

THE ASSOCIATED PRESS



▶ The new BlackBerry Torch, displayed during a product introduction last month.

HRM church incorporates new technology into Sunday service

Blessed are the BlackBerrys.

The glow of gizmos cut through the darkness of a modest HRM church on Sunday as parishioners raised their cellphones, laptops and GPS units toward the heavens for a special prayer.

"Lord God, we thank you for the many gifts and tools you give us, all those electronic gadgets that make our lives easier in so many ways," Rev. Lisa Vaughn said before a small crowd at St. Timothy's Anglican church in Hatchet Lake on the eve of Labour Day.

Vaughn said the idea to hold a blessing of electronics came after hearing about an old English tradition called Plough Monday, in which farmers would drag their tools to the church's door to receive a blessing for a good harvest.

"Most of our people are commuters to the city and work in offices and labs and hospitals and that kind of thing," Vaughn said in an interview.

"I thought, 'Wow, wouldn't it be nice for us to connect with modern-day tools, things that people use so often (that) we often take for granted?"

Vaughn said she's not aware of any other parishes in Canada that have held "grace for gadgets."

THE CANADIAN PRESS

God and gizmos

Rev. Lisa Vaughn, whose sermon included a PowerPoint presentation, said she believes incorporating technology into her church services will help connect with young parishioners and "be in step with where people are in 2010."

The contemporary Sunday night service already features a live rock band and an upbeat, musical rendition of the Lord's Prayer.

Fire leaves 10 without homes

Ten people from two families, including seven children, were left homeless after a fire over the weekend in Truro.

The Red Cross says no one was injured when the fire gutted their duplex in Truro Heights on Sunday.

Red Cross volunteers are helping one family with emergency accommodations while the other family is staying with relatives.

The Red Cross is also helping to replace food, clothing and some newly purchased school supplies destroyed in the blaze.

The cause of the fire is under investigation.

Firefighters were called to the scene around 9 a.m.

THE CANADIAN PRESS

The blaze

- At least four fire departments fought fire on the Truro Heights Connector Road.
- Black smoke could be seen from downtown Truro.

Accident sends eight to hospital

RCMP say eight people were injured over the weekend when a van left a highway near Pictou and rolled several times. Police say a man in his 50s who was thrown out of the van was airlifted to hospital in Halifax. THE CANADIAN PRESS

Sentences for C.B. cousins

Two cousins from Cape Breton have been sentenced for their roles in the death of a senior two years ago.

Kyle Timmons, 21, got 3½ years in prison. His cousin, Brandy Timmons, 20, got a three-year sentence. THE CANADIAN PRESS

THE ASSOCIATED PRESS FILE



▶ Conan O'Brien

Thanks, Conan... thanks a lot

While Haligonians continue to enjoy unseasonably high temperatures, the bitter truth is summer is coming to an end — a truth reaffirmed and mocked by popular American comedian Conan O'Brien yesterday on Twitter.

"It's the last weekend of summer, unless you live in LA, where it's the 198,789,960 weekend of summer," wrote the once and future late-night TV talk show host via his Twitter account.

"Chew on that, Halifax, Nova Scotia."

No reason was given in the tweet about why he was calling out our city specifically.

It could be a poke at Halifax actress Ellen Page, a guest of O'Brien's last October when he was host of The Tonight Show.

So as the leaves change colour, eventually fall, and you end up walking uphill both ways in one of Halifax's cruel snowstorms, try to take warmth in the fact O'Brien just made fun of you.

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ECONOMIC STIMULUS

Tories tracking work signs

Civil servants across Canada were ordered by the Harper government to document every single sign posted anywhere promoting the federal economic stimulus plan, The Canadian Press has learned.

They've spent countless hours tracking every one of more than 8,500 "Economic Action Plan" signs posted since last summer, when the urgent, weekly exercise was ordered by the Privy Council Office, the bureaucratic support arm of Prime Minister Stephen Harper's office.

Opposition critics have repeatedly claimed that the Conservative government is using the 2009 budgetary stimulus package as an ongoing partisan platform to promote the Harper government.

THE CANADIAN PRESS

Afghans got $650K in damages: Report

The Department of National Defence paid just over $650,000 during the course of two years to compensate Afghans for damages and deaths, according to the Receiver General of Canada.

THE CANADIAN PRESS

Minister gets jail time for marriages

A British judge sentenced a Church of England minister to four years in jail yesterday for his part in a sham-marriage scam which saw hundreds of African men marry European women in order to stay in Britain. THE ASSOCIATED PRESS

Catch only what won't be released, navy told

THE CANADIAN PRESS FILE PHOTO



▶ A member of the naval boarding party stands watch last spring on HMCS Winnipeg, the vessel at the centre of the "catch-and-release" controversy involving Somali pirates.

Planned prisoner-transfer deal with Kenya yet to be finalized

Ottawa was so embarrassed by the "catch-and-release conundrum" involving Somali pirates last year that it ordered the navy not to take any prisoners unless they had a case that would stand up in court, say federal documents.

The policy change happened in the spring of last year and meant sailors would stand aside unless they actually saw the "commission of an act of piracy, or armed robbery generally defined as illegal use of violence" on the high seas.

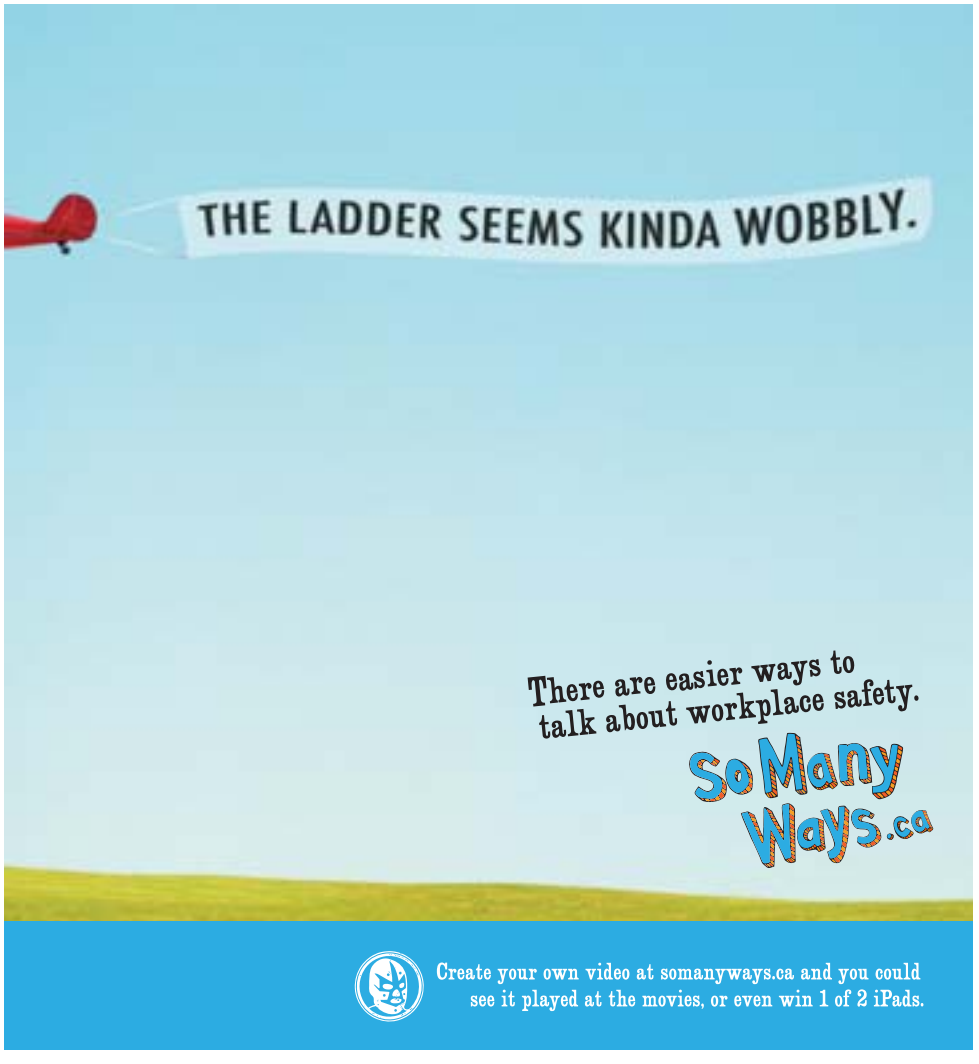
At the time, the frigate HMCS Winnipeg was patrolling the northwest Indian Ocean as part of a NATO anti-piracy operation.

The warship made headlines by foiling an attack on a Norwegian oil tanker in the Gulf of Aden and hunting down the pirates on April 18, 2009. But Ottawa believed it didn't have the jurisdiction to prosecute, so the suspects were released.

"Where no evidence exists to prove an act of piracy was committed, the expectation is that no detainees would be taken."
LETTER TO DEFENCE MINISTER PETER MACKAY, MAY 29, 2009

Experts looked at Ottawa's policy with dismay and pointed to a UN Security Council resolution which called on "all states" with an interest in the area to investigate and prosecute pirates.

THE CANADIAN PRESS



News in brief



▶Ashtiani

Stoning could happen soon

IRAN. The lawyer for Sakineh Mohammadi Ashtiani, an Iranian woman sentenced to be stoned on an adultery conviction, said yesterday that the delayed execution could be carried out soon with the end of a moratorium on death sentences during Ramadan.

THE ASSOCIATED PRESS

Will N.Z. quake stall recovery?

EARTHQUAKE. New Zealand's prime minister warned yesterday that the country's economic recovery will be hurt by the weekend's powerful 7.1-magnitude earthquake that smashed buildings and wrecked roads and rail lines in the city of Christchurch.

THE ASSOCIATED PRESS

Big day for tiny man

WORLD RECORD. Edward Nino Hernandez, a 24-year-old Colombian, has just been officially certified as the world's shortest living man by Guinness World Records, measuring 70 centimetres. He weighs just 10 kilograms.

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Unions ready for battle over cuts

Cutbacks in public sector could push economy backwards, warns CUPE president ◗ Unions recruiting more public-sector workers

While the private sector bore the brunt of the economic downturn, union leaders are turning their attention to the public sector as deficit-obsessed governments put the squeeze on their workers.

"I think there is the potential for quite a bit of confrontation in the public sector," said Erin Weir, economist for the United Steelworkers union, which counts approximately 11,000 public-sector employees among its Canadian ranks.

Governments have warned that public-sector workers won't be immune as they shift their focus from stimulus spending to deficit cutting.

In Ontario, Premier Dalton McGuinty has asked everyone in the public sector to accept a two-year wage freeze as part of a battle to slay a massive deficit that has been projected at more than $100 billion over eight years.

In March, the province announced an immediate freeze on non-unionized workers and managers in the public sector. It will also cap compensation packages for unionized public sector workers for two years after their current contracts expire.

Although other provinces haven't been as direct as Ontario, there's no question belt-tightening is becoming a normal part of public-sector life across the country.

THE CANADIAN PRESS

Phones. Taiwan



▶ Peter Chou, CEO of Taiwan's HTC Corp., which makes phones that compete with Apple's iPhone.

NG HAN GUAN/ASSOCIATED PRESS FILE

HTC raising profile

HTC Corp., the Taiwanese maker of smartphones, is trying to establish its own brand name. HTC supplies U.S. carriers but a year ago only one in 10 Americans knew its name. With the help of marketing, HTC says that number is up to 40 per cent.

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IT'S TIME FOR THE RELATIONSHIP TALK

She says ...

JESSICA NAPIER



There are two seriously awkward conversations everyone will have by the time they've reached their 20-something years.

The first probably happened around a decade ago when mom and dad sat you down and tried to talk to you about your sex life. As embarrassing as it might have been to listen to your parents wax poetic about condoms, it doesn't really compare to that other uncomfortable exchange you will be forced to have about two months into the beginning of every new relationship. I'm referring, of course, to *The Talk*, when a new couple determines if a given period of dating has successfully resulted in a full-blown relationship.

Before you arrive at this terribly uncomfortable conversation you first get to enjoy a blissfully carefree period of romance. Dates one through 10 are optimistic, lighthearted and generally stress free. However, eventually you begin to realize you might *really* like this person and that's when you start to wonder if he or she feels the same way, too.

"However, eventually you begin to realize you might *really* like this person and that's when you start to wonder if he or she feels the same way, too."

It is generally considered unacceptable to simply blurt out, "So, are you my boyfriend now?" Instead, you are expected to endure a lengthy period of confusion, caught in between being single and being a couple. I like to refer to this agonizing state of unknowing as *dating purgatory*. No one wants to be the first to bring up the c-word (commitment), so this desperately coy game of relationship chicken can go on for a number of weeks, and even months, before someone finally utters those inevitable words, "Where do you see this going?"

Is there a better way to approach this difficult yet necessary dating milestone? While they say timing is everything, my most recent attempt at *The Talk* relied heavily on humour and plenty of wine. After some inaudible mutterings on my part about "being on the same page," he responded with nervous laughter and somehow we eventually reached the conclusion that we were now a couple.

Obviously, there is no cool, mature way to resolve the question of exclusivity. Asking someone if they want to be your boyfriend or girlfriend is possibly the most childish moment in any adult relationship. Perhaps we could all just make things a little easier by agreeing on some sort of standard dating formula. Here's what I'm proposing gentlemen: 10 dates + 4 sleepovers + 1 drunken night out with friends + a toothbrush at her place = boyfriend.

Cartoon

MICHAEL DE ADDER



Dangers of 'digital tattoo'

Worth mentioning

Web etiquette

THE CANADIAN PRESS FILE



Call it Facebook 101.

Universities across the country are offering workshops, seminars and tipsheets on social media etiquette to new students, warning them of the potential consequences of posting every drunken moment online.

"They should think about what they do online as something they have to be comfortable talking about with their grandkids 50 years from now," said Jason Nolan, an assistant professor at Toronto's Ryerson University.

Ryerson isn't the only school to embark on teaching web etiquette.

The career centre at Toronto's York University offers a workshop to students wanting to learn how to use social media to find jobs, which includes a component on how to present oneself professionally online.

Carleton University in Ottawa offers a similar program through its career centre, and — at the request of faculty members — offers presentations to classes.

At Dalhousie University, students who log in to their internal email see an article posted to the web portal about online media titled, "Facebook: Don't Be So Trusting."

The University of British Columbia has dubbed the danger the "digital tattoo."

THE CANADIAN PRESS

What is the first thing you notice in the opposite sex?

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Metro Minute with You Don't Say!

A marketing team from Toronto is on a cross-country road trip to encourage fast talkers to try their new board game.

For the next few days you'll see the You Don't Say! purple RV around town. Elise Goodhoofd and Derek Smith are getting people to try the game — where you have to make word associations as fast as possible in 30 seconds. Fast talkers will be given cash prizes. They are also posting photos of their 35-stop road trip on Facebook and Twitter. A $5,000 prize will be awarded after the tour ends Nov. 30.

Yesterday, the pair were challenging people walking by on the boardwalk on the Halifax waterfront.

METRO HALIFAX

JENNIFER TAPLIN/METRO HALIFAX



▶ A marketing team with You Don't Say visited the Halifax waterfront yesterday.

2 scene

In brief



All the speculation about Jesse James and Kat Von D appears to have been on the nose, as the L.A. Ink star says she's in love with Sandra Bullock's ex-husband, according to People magazine.

"Jesse is only my ninth boyfriend. I don't hang out with anybody unless I am in love."
METRO



Hitman Clooney's The American wins weekend battle with $16.4M

Hip-hop star using Twitter to atone for his infamous on-stage brush with Taylor Swift at the MTV Video Music Awards Grammy-winning says he received death threats and suffered setbacks to his career following the incident

THE ASSOCIATED PRESS FILE PHOTO



▶ Kayne West grabs the microphone from Taylor Swift at last year's MTV Video Music Awards.

Kanye West ready to bounce back

Hip-hop star Kanye West is still feeling the pain over his ambush of Taylor Swift last year — and he's expressing his pain all over Twitter.

West unleashed a torrent of emotions on his official Twitter account Saturday, acknowledging once again that he was wrong for jumping on stage, grabbing the microphone from Swift at the MTV Video Music Awards and saying her trophy should have gone to Beyonce.

But the rapper-producer said that he has experienced enormous pain, been the subject of death wishes and suffered tremendous setback to his career.

"How deep is the scar ... I bled hard ... cancelled tour with the number one pop star in the world ... closed the doors of my clothing office," he tweeted.

"Man I love Twitter ... I've always been at the mercy of the press but no more ... The media tried to demonize me."
KANYE WEST

The multiplatinum, Grammy-winning superstar had been one of the decade's most successful and critically acclaimed stars, despite sometimes boorish behaviour and meltdowns at other awards shows when things did not go his way.

However, when he upstaged Swift — the then-teenage darling of pop and country music worlds —the public had had enough. There was tremendous backlash against West — even President Barack Obama was caught calling him a "jackass."

At the time, he went on Jay Leno's prime-time show to apologize and said he still had not recovered from his mother's death two years prior. He said he would be taking time off from the public eye.

That time off came sooner than expected. He cancelled a joint tour with Lady Gaga that fall, apparently due to low ticket sales. On Twitter, West talked about the backlash. "I'm the guy who at one point could perform the Justin Timberlake on stage and everyone would be so happy that I was there," he wrote.

After the incident, he said, "People tweeted that they wish I was dead ... No listen. They wanted me to die people. I carry that. I smile and take pictures through that."

West said he's now "ready to get out of my own way. The ego is overdone."

He also apologized to Swift again, and said he has written a song for her that he hopes she will perform. "If she won't take it then I will perform it for her," he said.

West is working on a new album that is supposed to come out this fall. A recent member of Twitter, West has been an active user, posting not only his feelings, but new songs and other updates. He has over 900,000 followers.
THE ASSOCIATED PRESS

Worldwide success not so tweet for K'Naan

It looks like a breakout year has taken its toll on K'naan.

The Somali-born, Toronto-raised hip-hop star took to Twitter on Saturday to come clean over what he felt was a half-hearted performance in Ireland.

"In all my years of touring, today marks the 1st time I've played an entire concert w/out feeling a thing. Just going through the motions," he tweeted early Saturday afternoon.

"I don't wanna be like this. Like 1 of those artists."

K'naan had been in Stradbally, Ireland, to play the Electric Picnic Festival. He was to perform in London yesterday before kicking off a monthlong Canadian tour in Montreal.

He's spent most of the year on the road. His Wavin' Flag was chosen as Coca-Cola's World Cup anthem, so K'naan found himself whisked from continent to continent along with the Cup, performing the triumphant tune — a Top 2 hit in Canada, Austria, Germany, Ireland and Switzerland.

The 32-year-old also performed a star-studded remix of the song at April's Juno Awards, where he took two trophies, including artist of the year.

"It could B b/c I've done over 80 countries this year, could B spiritual & physical fatigue, it could B that I need 2 get out new songs ... It could be since my breakup a year and a half ago that I haven't had a significant or lasting relationship. I can't say what it is," he added.

"All I know is, I feel sickly ever having to play these songs of personal redemption with an insincere stage presence.''
THE ASSOCIATED PRESS



▶ K'Naan

DVD Releases this week

Buy it | Rent it | Borrow it | Yawn | Don't bother

Year of the Carnivore
Genre: Comedy
Director: Sook-Yin Lee
Stars: Cristin Milioti, Mark Rendall, Kevin McDonald



Sex is a laughing matter for Sammy Smalls (Cristin Milioti), who can't stop giggling when she's wriggling. Blame it on her body-image issues, but it's a deal-breaker for Sammy's busker boyfriend Eugene (Mark Rendall).

Solution? She needs experience, pronto, and sets out to get it the way a bull goes china shopping. Any man with a pulse is in danger of meeting Sammy's newly unleashed libido, whether he likes it or not.

That's the hook for Sook-Yin Lee's decidedly quirky yet endearing comedy that wears its Juno crush like a hickey, and I mean that in a good way.

Milioti is a real find, bringing humour and empathy to a character that might normally summon thoughts of a restraining order.

Sammy is a 21-year-old shop detective at a grocery store. She's good at spotting shoplifters — including one oldster who hides a steak under his hat — but she leaves the punishment to her boss, who metes out summary justice out back.

Of much greater concern of Sammy is her inability to have sex without having a giggle fit, a problem that has prompted exasperated Eugene, a true free thinker, who insists she play the field. Sammy does so in a way that combines work with pleasure, after a fashion.

As creepy and crazy as this scenario sounds, Milioti never loses touch with the audience.

PETER HOWELL

Don't miss Micmacs

Micmacs
Genre: Comedy
Director: Jean-Pierre Jeunet
Stars: Dany Boon, Yolande Moreau, Dominique Pinon

Call Micmacs a secret blockbuster.

Imagine a Mission: Impossible satire in which the likes of Charlie Chaplin and Buster Keaton acting as spies. In this case, it's Parisian street performers, who seek payback on two French arms dealers. These urban warriors are loyally supporting their new pal Bazil (Dany Boon), whose life has been inextricably and tragically linked to the arms merchants.

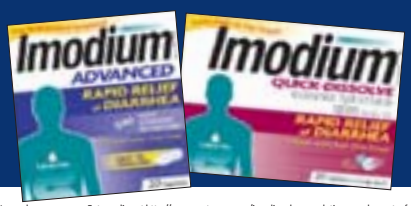
Micmacs is directed by Jean-Pierre Jeunet, the mirthful mind behind Amélie. He co-wrote it with Guillaume Laurant, his Amélie co-scribe.

The movie is an amalgam of Jeunet's two personalities: the starry-eyed celebrator of amour and Paris, as seen in Amélie, and the down-and-dirty trawler of the weird and grotesque, as witnessed in Delicatessen.

PETER HOWELL



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*NO PURCHASE NECESSARY. Contest starts September 7, 2010 and ends October 24, 2010. For contest rules, details and to enter, visit our Facebook page at www.maynardsmostwanted.ca during the contest period. Contest open to residents of Canada who have reached age of majority. Standard message and data rates may apply. Some conditions apply. One (1) Grand Prize of $25,000 available to be won. Odds of winning depend on number of eligible entries received. Mathematical skill-testing question required.

RV dealer pays for taking on Team Jacob

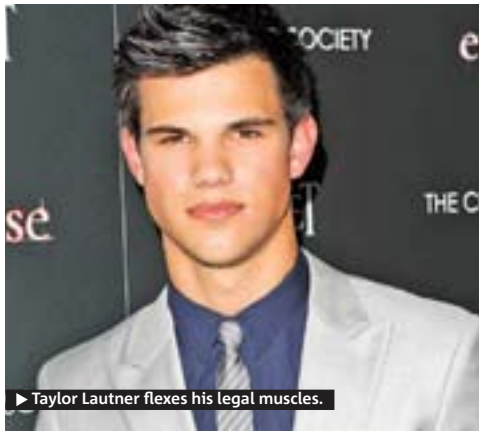
Business to fork out $40,000 to Lautner for failing to deliver custom vehicle, Us Weekly reports

Taylor Lautner came out on top in his dispute with an RV dealership that failed to deliver a custom vehicle for the Twilight star, according to Us Weekly.

"McMahon's RV has agreed to settle its dispute with Taylor Lautner," the actor's lawyer says. "McMahon's RV will pay $40,000 to Lautner, which Lautner will donate to the Lollipop Theater Network, a children's charity with which he has a long-standing relationship."

The 18-year-old Lautner sued the dealership Monday, saying it missed a June deadline to deliver the 2006 Affinity Country Coach for use on the set of the movie Abduction.

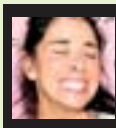
Lautner's lawsuit also claimed the RV needed additional work after it was delivered. Barta's statement claimed the vehicle wasn't in a safe, drivable condition when it was handed over. METRO


Taylor Lautner flexes his legal muscles.

Celebrity tweets


Kelly Osbourne [@MissKellyO] I made it to the gym!!!!


John Mayer [@johncmayer] I wouldn't say I have to "man up" as much as "girl it down."


Sarah Silverman [@SarahKSilverman]] How did I live this long without having seen that Double Rainbow video and it's autotune companion??


Conan O'Brien [@conanOBrien] Just spent all day at Legoland. It was so much fun, next time I think I'll bring my children.

Talking points

Gaga's eating troubles?

REVELATION. Lady Gaga's former tour manager claims the singer was hospitalized six times in 2009 because of eating-related illnesses, according to a new book. "When I say she was sick, I mean physically and mentally," David Ciemny says in Poker Face: The Rise and Rise of Lady Gaga. According to Ciemny, the singer would binge on junk food and then starve herself for weeks to drop pounds and fit into her outlandish costumes. METRO

Dad Joe defends spanking MJ

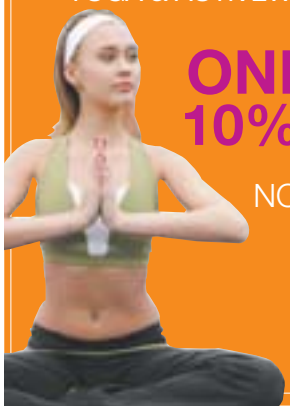
HOW TO RAISE A STAR. Joe Jackson stands behind his decision to spank Michael Jackson and his other children. "They tried to make a big issue when I spanked Michael or some of the kids, ya know? Just like they didn't spank their kids when they did wrong. The media twists everything," he says in a video interview, according to TMZ. "I had to be like that because when raising him, in those days, so many gangs out there getting into trouble, going to jail. Most of them are dead now. He didn't have to worry about that." METRO

Christina keeps the love alive

MARRIAGE. Christina Aguilera says that after five years of marriage to Jordan Bratman, nothing has really changed. "Marriage unites you and makes you official, but it didn't change our relationship. All the things like wanting to work hard and play hard — they were always important to us," she tells Cosmopolitan. But that's not to say there's no effort involved on Aguilera's part. "I leave little lipstick marks on the bathroom mirror for when he wakes up, and little notes written in lipstick on the mirror and in the shower," she says. METRO



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METRO CUSTOM PUBLISHING

THE SUMMIT DAY SPA & WELLNESS CLINIC: 20 YEARS OF BEAUTIFUL SERVICE



Susan Alward is an esthetician and is also the owner of The Summit Day Spa & Wellness Clinic.

CELEBRATING 20 YEARS OF HISTORY

The Summit Day Spa & Wellness Clinic first opened its doors in 1990 with a different look than its clients of today would recognize.

In the beginning, it opened as The Summit Concepts in Hair and Skin Care on Sackville Street. Owner Susan Alward had been working in the esthetics industry for the previous 10 years, but had felt the time was right to start her own business.

Alward started the business with a partner. Her focus was on esthetics, while the partner's focus was on hair care.

A year and a half later, the focus switched solely to esthetics.

In January 1993, The Summit moved to Park Lane Mall and at the time, it had three employees.

Four and a half years later, the first of two expansions took place. The expansion added two more treatment rooms, a hydrotherapy tub room, a shower room, a larger waiting area and more reception/retail space.

Soon after, massage therapy services were added, including hot stone massage and hydrotherapy. The Summit was one of the first spas in Canada to offer these.

In 1999, the second expansion was completed, which involved the addition of three treatment rooms, a steam shower and another waiting area.

Brazilian bikini waxes were soon added to the list of services and The Summit was once again at the forefront of innovation, being one of the first spas in Canada to offer this.

With the growth of the business, Alward decided in 2001 that the business needed two locations. The Summit moved its location within Park Lane in October and opened its new location in Bedford in November.

Over the years, The Summit has received many honours. Beginning in 1998, The Summit has been a regular recipient of the honour of being the "Best Spa" in Metro having been voted 10 times by readers of The Coast. Flare magazine has also recognized The Summit as one of the best spas in Canada.

Today, The Summit employs close to 35 people between its two locations.

NEW DESIGN PLAN IN WORKS FOR HALIFAX LOCATION

The future of The Summit Spa & Wellness Clinic is being mapped out at the moment.

"What's it going to look like?" asks owner Susan Alward.

This is a popular question these days. With the lease set to expire at The Summit's Park Lane location within 12 months, plans are in the works for the design of a new Halifax location.

"It's really exciting," she says, noting that based on her experience, the design of a location and its space tend to last 10 years before needing a major overhaul.

The Bedford location is also going to require another move or facelift, as its lease expires in two years.

As Alward develops plans for The Summit's future, she will be keeping in mind the things she's witnessed over the course of her 30 year career as an esthetician – and she's witnessed many.

Reflecting on the changes, Alward says one of the major changes she has seen is how it has become common for men to use the services of a spa.

"They're not as intimidated to step foot in the door and a lot of them know the services," she says, estimating that 25 per cent of Summit's active clients are male.

"There's really no service that men are not interested in," she says.

The increased knowledge also applies to purchases for a spouse.

"Now, they'll come in and say, 'I know she likes this and that,'" says Alward, whereas before, they didn't really have any idea.

There's also been a shift away from preset packages, in part because of this increased knowledge base.

"People want to be able to customize what they want because they're savvier," says Alward.

And in today's hectic and fast-paced society, people don't have as much free time on their hands, meaning clients have increased expectations of the spa experience.

They want you to do the same amount of work… but in a shorter time frame," explains Alward.

As an example, when The Summit first started, a regular facial was two hours, but a regular facial is now an hour long.

THE SUMMIT OFFERS POPULAR POINT REWARDS PROGRAM

The Summit Day Spa & Wellness Clinic has a rewards program that allows its members to earn points which can be redeemed for services and products.

For every dollar a client spends on a product, service or gift certificate, they receive one reward dollar as part of The Summit Wellness Reward Club.

There is no charge to participate in the Club.

"It's been really popular for the seven years we have offered it," says owner Susan Alward, noting that participants can usually redeem their points after a handful of visits, especially given the first three visits involve bonus points.

"It's a really attainable points program," she says.



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After 20 years in business, The Summit Day Spa & Wellness Clinic has earned a well-deserved reputation for the quality of the services it offers, especially for its pedicures.

"A lot of clients will come here if they have foot care issues because they know they won't just get a 'fluffy' pedicure, they'll get a more serious treatment," says Summit owner Susan Alward.

The basic pedicure involves an aromatherapy foot bath, nail trimming and buffing, callus/corn grooming, cuticle cleanup, foot massage and a nail polish application if desired. Other pedicures available include paraffin foot treatments and reflexology.

More important than that, the staff at The Summit take the time to educate the client on what clients can do to improve the condition of their skin, feet, hands and body.

In today's aging population, anti-aging treatments are proving to be popular. Specifically, Alward says "Our full range of advanced Clinical Skin Care and Rejuvenating Facials are very popular. They are designed to minimize the appearance of facial veins, age spots, line & deep wrinkles, poor texture and rosacea." They utilize the latest technology and the latest professional ingredients to achieve their results.

One of the Summit's more unique offerings is its Thai yoga massage, available only at the Bedford location.

"The Thai Yoga massage is a really interesting massage in that you're fully clothed and instead of it being done on a massage table, it's done on a really thick mat on the floor," says Alward. "It's sort of like passive yoga."

The treatment helps relieve muscular tension and enhances strength, flexibility and the immune system.

It consists of a lot of pressure point and stretching movements to improve mobility. It's also a great introduction for people who are apprehensive about getting massages.

"It's kind of a nice intro for people that are maybe a little intimidated by massage thinking, 'I have to take my clothes off even if I'm under sheets the whole time,'" says Alward.

SAVE ON LAST-MINUTE APPOINTMENTS

One of the unique offerings at The Summit Day Spa & Wellness Clinic is its Just-in-Time Spa Club. This club offers its members the opportunity to save between 20 to 50 per cent on last minute appointments that become available.

Owner Susan Alward says it's proven to be a real hit with clients. "It's great for people that have the flexibility in their schedule. They often feel, 'Great. I'm off today. I'll go down and have a massage for 30 per cent off,'" she says.

Membership to the club is free and members are notified by e-mail of any appointment availabilities.






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PRODUCTS GALORE

The Summit Day Spa & Wellness Clinic carries an extensive assortment of skin care and body care products, makeup, nail care products, aromatherapy candles and heated neck wraps.

Owner Susan Alward says the products are professional grade and not what you would typically find at a drug store or department store.

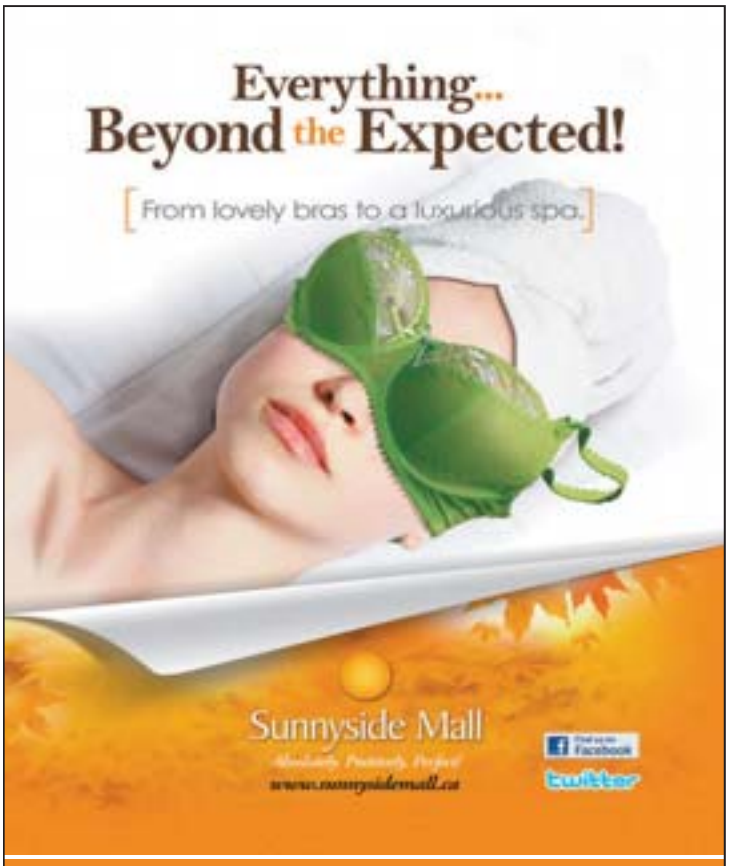
"Some of the ingredients are a little more potent in terms of results," she says. There is also a focus on purchasing products with natural ingredients.

"We are really conscious of what ingredients are going on the client's skin, but that they deliver a result at the end of the day," says Alward.





(left) Kneipp is one of the many excellent companies whose products are available at The Summit Day Spa and Wellness Clinic. (right) Members of the rewards program can redeem their points for services or products like those shown above.



Congratulations to The Summit Day Spa and Wellness Clinic on 20 years in business!

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METRO CUSTOM PUBLISHING

A SUMMIT OF SUCCESS



Kelly Brownson and Joanna Toon are two of the friendly and knowledgeable staff at The Summit Day Spa & Wellness Clinic.

After 20 years in business, Susan Alward credits the success of The Summit Day Spa & Wellness Clinic to the importance it places on its staff training.

"I think that's the big thing," says the owner. "People know if they come to one person or another, they're still going to get the same level of service. I think people will feel safe when there's consistency."

This commitment to staff training means that all new employees are rigorously trained.

"We don't just sort of hire somebody out of school and let them loose," says Alward, noting that even those new employees who are experienced in the spa industry must do training as well. This ensures employees are able to meet the high quality standards that are expected at The Summit.

Another key reason for The Summit's success is its attention to detail.

"We keep records on every single client, so if we look after somebody, we make every kind of note about what products we used on them," says Alward.

This means that if even if a client can't see their regular Summit person for a treatment, the employee will be well aware of the client's preferences.

The notes apply to all clients, even for those who come in for a simple lip wax.

One final reason for The Summit's success is that it has been receptive to its clients' needs, but has also stayed true to its mission of creating "a welcoming place for women and men to come to relax, heal, have fun and to learn to love and care for themselves with the assistance of caring, well-trained professionals."

By being so hands on in the operation, Alward has ensured this is the case. Even with a staff of almost 35 people between the Summit's two locations, she still spends two-thirds of her time with clients.

"That's what I enjoy," she says. "I like the intimate connections with people. I like the immediate gratification of making a difference."

GET THE (E)NEWS ON THE SUMMIT

Since The Summit Day Spa & Wellness Clinic began operating in 1990, it's kept its customers in the loop by way of a newsletter. As technology improved, the newsletter went from a printed version to an e-version.

People who sign up for the newsletter receive two newsletters a month, one at the beginning of the month and one mid-month.

The first one includes info about what promotions are happening that month, be it for a particular service or a retail product.

The mid-month newsletter is focused on education and providing information, such as educational events The Summit is putting on or educating people about a particular skin condition.



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Congratulations to The Summit Day Spa & Wellness Clinic on your 20th anniversary!

BELL & GRANT INSURANCE

An international dance and cardio workout integrating both Latin and Asian moves, Zumba is the moving proof that there can be some science behind the best and wildest of parties Metro speaks to Zumba instructor Julie Kelly about how to get into the heat and heart of this exotic workout.

Zooming in on Zumba

METRO WORLD NEWS





party started

Zumba moves are relatively easy therefore allowing the focus to remain on building up energy and finding a rhythm.

"There's a real party feel to it," says Kelly. "It's exercise in disguise and by the end of the class everyone is drenched in sweat. It reshapes your core and you start seeing definition lines in your body you didn't know you had. It works the bum, the thighs, the belly, the waist, the arms-everything."



ROMINA McGUINNESS
WELLNESS@METRONEWS.CA
METRO WORLD NEWS IN LONDON

Zumba combines moves from salsa and tango over to merengue and belly dancing.

A class will have you swirling, squatting and swerving your way around your body and leave you smiling and sweating.

A cardio vascular exercise in disguise, Zumba carries huge benefits for the heart and is as instructor Julie Kelly describes, a form of "intermittent training."

"As you go from one dance move into the next, your heart rate goes up and down in a curvy line," she says. "This gives you time to recover in between moves and the ability to last throughout the entire workout."



▶ Show off your sexy spins and moves.

Alongside its cardio benefits, Zumba also works on the core area, toning and defining stomach, arms and leg muscle.

It also focuses on improving flexibility as engaging the hip and pelvic muscles and the lower back.

"Men come to Zumba class as the flexibility work improves their golf swing," says Kelly. "The underlying sexiness of Zumba gives people the permission to move in ways they normally wouldn't, great for building self-esteem and body confidence and highly empowering."

The flowing pace allows people to mindlessly burning calories, great for weight loss.

Zumba is unique in that one class can require you to perform belly dance moves where you must engage your core and lower back, followed by the salsa figure eight and lunges.

"We integrate the essence of Latin and (Asian) moves into the fitness," says Kelly.

"Salsa, flamenco, Indian bhangra, tango … they all require hip movement and core strength. We do some salsa squats and side steps that are more focused on aerobics and great for toning up the legs. We also have this one move whereby we use the rib cage to swerve the hips into a figure of eight, great for trimming the waist."

3 life

New brand



Baby carrot farmers are launching a campaign that pitches the little, orange, snacks as fun and naughty — just like junk food. A group of 50 producers hopes the "Eat 'Em Like Junk Food" effort starting next week will double the $1 billion market in two or three years. Learn more at babycarrots.com

THE ASSOCIATED PRESS

Is your kitchen clean?



PARENTING

Canadians too lenient?

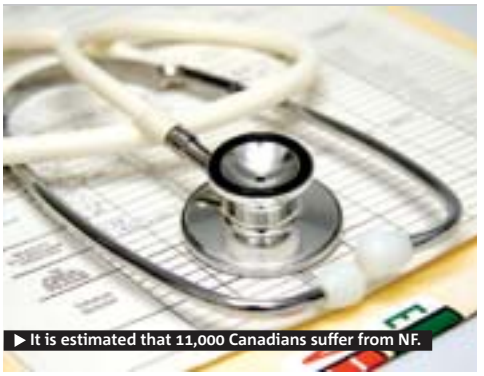
It's not your imagination. Canadian parents are more lenient with their teenagers than parents in other countries.

Researchers at the University of Montreal, along with colleagues from France and Italy, compared how strict parents are with their teenagers in the three countries.

Several hundred teenagers in each country were asked to describe their parents according to emotional bonding, communication, frequency of conflict, rules, discipline and tolerance of activities with friends. Results showed Italian parents are the most strict and likely to take action when rules are broken. Canadian parents, on the other hand, are the most tolerant, with fewer rules and disciplinary actions. Parents in France were somewhere in the middle.

CELIA MILNE





▶ It is estimated that 11,000 Canadians suffer from NF.

Dealing with effects of NF

One woman shares her story about living with neurofibromatosis

CELIA MILNE
WELLNESS@METRONEWS.CA
METRO NEWS

"People have no idea what NF is," says Christine Maunu.

She is a 33-year-old market researcher in Toronto who suffers from neurofibromatosis (NF). People who have NF develop benign tumours, which can grow along the nerves anywhere in the body or on the skin. It is often inherited, but in Maunu's case, it came out of the blue.

She first noticed bumps on her torso when she was about 14 years old. This is typical of NF; the diagnosis is often made in young people.

Maunu is one of about 11,000 Canadians who are living with NF.

It is one of the most common genetic disorders, far more common than cystic fibrosis or Huntington's.

As she got older, she noticed more and more bumps. When Maunu was in her 20s, she started doing online research about NF and became scared. Some of the possible results of the disease are a shorter lifespan, blindness, deafness, learning disabilities, curvature of the spine, and painful tumours. Many with the disease decide not to have children because each child has a 50/50 chance of acquiring the disorder.

"This was one of the most upsetting moments of my life," says Maunu, choking back tears as she remembers the research. "I was crying. I thought I was going to die."

Ten years later, Maunu is much healthier than she thought she'd be when she was in her darkest hours. She works full time at Metro Toronto, and has no problem being active. She's brave enough to tell her story, hoping to raise awareness about the disorder and thereby help others with NF who feel isolated and misunderstood.

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LARRY CROWE/THE ASSOCIATED PRESS



Start to finish: 25 min.

▶ Yes, that's right, a BLT frittata.

The BLT in frittata form

This recipe tops a basic egg frittata with bacon and tomato. Lettuce seemed a poor choice for anything that lands under a broiler, so the recipe goes with another green — chopped scallions. A healthy toss of grated manchego cheese helps tie it together. The result is a fast and easy flavour-packed dish that is ready for dinner duty. And if you want to lighten it up, just substitute turkey or chicken bacon and cut back or eliminate the cheese.

Ingredients :

- 6 large eggs
- 50 ml (1/4 cup) fat-free half-and-half (or milk)
- 2 ml (1/2 tsp) salt
- 1 ml (1/4 tsp) ground black pepper
- 125 g (1/4 lb) bacon, cut into small pieces
- 1 medium yellow onion, diced
- 2 ml (1/2 tsp) garlic powder
- 1 large or 2 medium tomatoes, thinly sliced
- 250 ml (1 cup) grated manchego cheese
- 1 scallion, thinly sliced

Preparation:

1. Heat oven to broil. In a medium bowl, combine eggs, half-and-half, salt and pepper. Whisk well, then set aside.
2. In a large, oven-safe skillet over medium-high, cook bacon until just crisp, about 5 minutes. Add onion and garlic powder and saute for another 6 to 8 minutes or until onion begins to brown. Transfer half of the bacon and onion to a small bowl and set aside.
3. Return skillet with remaining bacon and onion to medium heat. Add eggs to skillet, stir to mix in bacon, then let cook until the bottom has set, about 5 minutes.
4. Remove skillet from heat. Arrange tomato slices over top of eggs in an even layer. Sprinkle cheese over tomatoes, then sprinkle scallions and reserved bacon and onions over it.
5. Broil on oven's lowest rack for 1 to 2 minutes or until the cheese is melted and lightly browned and the egg is set through the centre.

THE ASSOCIATED PRESS

Liquid Assets

Final BBQ days are upon us



PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA



Like it or not folks with Labour Day come and gone, the end of summer isn't far behind. That doesn't mean we can't party like it's 1999; especially when there's still some prime barbecuing weather left. I'm keen to grab some red meat and a little chicken and take advantage of every cooking alfresco day I have left.

My choice grilling grape mate is malbec, but rather than choose one from Argentina (where the berry is king) think neighbouring Chile and the Concha y Toro 2009 Casillero del Diablo Malbec ($12.95 - $14.23). It's got more up-front fruit and soft, dry tannins than most of its competitors next door; finishing with some nice, light licorice and black pepper.

For a BBQ white I'm all over chardonnay. The grape's got the body and personality to make nice with both red and white meat with the Sterling Vineyards 2009 Vintner's Collection Chardonnay ($14.95 - $15.25) from California's Central Coast a winning combo of butter, green apple, tropical fruit, banana, coconut and butterscotch.

Prices reflect the range across the country. Some products may not be available in all provinces.

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Tips for parents

- **Talk about** the transition — and the contradictory feelings your whole family may be feeling (excitement, sadness, anxiety).
- **Be honest** about how you're feeling, but also be encouraging. Express excitement about your child's future.

Learning to say goodbye

The hour when Ariana Kramer will begin her college career is fast approaching — and her parents are in an office supply store, disagreeing about hanging files, of all things.

"She'll need them," her mother says.

"I don't think so," her dad counters.

Ariana, meanwhile, walks dreamily through the store, offering no opinion on this particular decision.

She has mom, the family organizer, with her, and dad, the calm encourager. And they have "the list," which mom printed from one of those "what-you'll-need-at-college" websites.

Robin and Paul Kramer aren't crazy college parents — not like the mother who, as relayed by one dean of students at one California college, stayed in her daughter's dorm room with her for four nights to help her adjust.

Nor have they ignored barricades intended to keep parents from trying to register for classes for their children, or crashed student-only orientation events, which officials at universities say happens more and more. Still, even for average parents, letting go is difficult — more so, they and many others say, than it was for parents of college-bound freshmen in decades past.


▶ Mom and daughter shop for schools supplies.

Robin Kramer recalls how her own parents, who never attended college, dropped her off with a trunk full of belongings at Drake University, also in Iowa, in 1978. She set up her room and attended orientation without them there. "It's just what you did then," she says. THE ASSOCIATED PRESS

LOVE FINDS A WAY


▶ Kevin and Eileen first met at university.

How We Met: Kevin & Eileen

Names: Kevin, 32, and Eileen, 30

Hometown: Toronto

Together since: 2004

Their story:

"I (Eileen) first saw Kevin while I was doing my undergrad at the University of Western Ontario. He would wait outside my economics class for an "accidental" run in, but it never ended up happening. Then he found out that I was roommates with one of his friends from high school. He asked her if I was single — I was not. And then he discovered we were all going on vacation to Mexico for spring break. He tried to get invited — he was denied. He kinda became my friendly, neighbourhood stalker. We officially met in my third year of university (his fourth) at a party thrown by a mutual friend. I loved his sense of humour and I thought he was absolutely gorgeous, but I was dating someone else at the time. The timing was just off. Fast-forward three years to a friend's birthday party at a bar in Toronto. I spotted Kevin and he looked familiar to me, but I just couldn't place him. He knew a lot about me and I was embarrassed that I couldn't remember meeting him. He was charming and sweet and we (finally!) hit it off instantly. We were also both single and we began dating. Two years later, we got engaged and then married the following year."

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Fun and Frugal



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THE COST OF PSE

Canadian trade, technical, apprenticeship and undergraduate programs cost on average between $20,000 and $50,000.

Post graduate programs cost upwards of $50,000 to $100,000. Most graduates leave post-secondary with at least $20,000 to $30,000 in student debt. On top of this, there's the opportunity cost of hitting the books for a few years; you forfeit income-earning opportunities because you're not working full time. So while your friends are bringing home handsome paycheques, you're forking out sick amounts of dough for an education.

Is education worth it? Considering 75 per cent of future jobs will require education, YES! Plus, according to the National Graduate's Survey (Stats Canada), when you invest in any type of post-secondary, your long term income-earning ability is a few hundred thousand dollars to over a million dollars greater than a high school graduate's. Research has shown that educated people not only earn more money, but also enjoy a higher quality of life because they have more choices in terms of their career opportunities and lifestyle.

If you know you're going to hit the books, save for school in advance. Through regular automatic bank deductions save in a Guaranteed Investment Certificate, Money Market Mutual Fund or High interest savings account. Each is low risk and earns stable returns. To get more benefit save within your Tax Free Savings Account to avoid unnecessary taxes. Apply for scholarships, bursaries and income assistance through the campus registrar's office or library.

Consider working while you're going to school. Check if your current employer can accommodate your school schedule through a flexible work arrangement. Or apply for jobs on campus.

'Your call is very important to us'

We've all been there, waiting on hold at a dreaded call centre Here are some tips to survive the ordeal

Benjamin Franklin would have hated telephone call centres. I can just see him drumming his fingers as he waited in the queue to talk to a utility, bank, discount broker or cellphone company muttering, "time is money."

Ben's comment won't change the call centre culture but here are a couple of suggestions about how to get value from your wait.



▶ Stuck listening to the looped call centre music?

• Make a list of the questions you want answered. The longer you wait the more likely you'll forget what you're waiting for.

• Wear earphones or use the speakerphone leaving your hands free to do something useful. This also eliminates telephone ear.

• File! Bills, statements, invoices. All that boring essential stuff.

• Answer emails. But take care as you can be distracted by music or a radio loop on the line. Re-read e-mails carefully before you hit send.

• When you're connected to a real person, get their name or ID number and, if possible, a call back number in case you're disconnected.

• Don't waste time if you're getting nowhere, ask for a supervisor. They have a more authority to solve problems.

• Take notes. This is essential and has saved my bacon several times. Recently I had a disagreement with a U.S. home security company. Based on my notes I was able to convince a supervisor to review their call tapes. I prevailed and saved a couple of hundred dollars.

• If the issue relates to a contested bill or incorrect service plan ask that the operator read back his or her notes. I did this with my Internet provider and the notes bore little resemblance to our conversation.

• Make sure your battery is charged up. There is absolutely nothing worse than having a phone die after you've sat in a phone queue for ages.

• Don't lose your temper no matter what the provocation. Many companies allow operators to end a conversation if the client becomes angry.

Wishful thinking

Things I'd like to see from companies that use call centres:

After a wait more than ten minutes and you get $10 deducted from your next bill. After 15 minutes it becomes $20, etc.

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A darker toy story wins artist award

SUBMITTED PHOTO



▶ The Myth of Silliness by Adam Gunn.

Halifax's painter and NSCAD graduate Adam Gunn takes BMO prize

JON TATTRIE
FOR METRO HALIFAX

A Halifax artist's career got off to a strong start by winning the Nova Scotia BMO 1st Art competition for a realistically surreal painting called The Myth of Silliness.

Adam Gunn, who graduated with a bachelor of fine arts degree this year at NSCAD, was one of 12 winners from across Canada and his piece will be installed at the Museum of Contemporary Canadian Art in Toronto from Oct. 6 to 31.

The Myth of Silliness is a striking oil-on-wood-panel painting of mixed up images.

A doll's head flies atop a bee's body while a rooster with chattering teeth for a head, a superhero with a perfume bottle on top and a blue monster with an eyeball perched on his shoulders watch from below.

Gunn says the still life is composed of eclectic objects he collected from local flea markets and dollar stores.

"I think the hyper realism of the painting contrasts nicely with the whimsical and ridiculous nature of the objects.

"I also think there's something going on in this painting with ideas of the natural and the artificial," he writes on his blog, Adamgunndrawing.blogspot.com.

The result is a menacing friendliness.

Gunn says it feeds his interest in the absurd.

"It's about how everything could be otherwise and if it was, it wouldn't make any difference. Everyone would accept it as normal," he says in a phone interview with Metro.

The plastic plants that form its backdrop play with the idea of "natural" in a still life, he adds.

Alex Livingston, Gunn's former studio advisor at NSCAD, says the young artist's strong skills as a drawer allow him to realize his startling visions.

"I find them quite arresting and slightly unsettling," he says.

Gunn plans to continue living as an artist and animator in Halifax.

3 The number of months it took artist Adam Gunn to create The Myth of Silliness.

Competition

The BMO 1st Art competition seeks out top art students from across Canada and rewards them for their outstanding ability and imagination.

The national winner was Sherrie Rennie from the University of Manitoba for Inner-city Bred. The sparse porcelain sculpture depicts a loaf of bread half sliced. A sickly grey power spills out of the remainder of the loaf. The artist describes it as an autobiographical piece addressing a fractured childhood of neglect, abandonment and abuse.



Going the distance online at Athabasca

NANCY BURT
FOR METRO CANADA

One of my proudest achievements was receiving a Master of Arts degree in my 50s while working full-time in a stressful administrative position at Humber College.

As Humber started offering degree level programs a few years ago, I was strongly encouraged to get a post graduate credential — a daunting prospect for an already over-worked professional.

But I found it was not only possible, but stimulating and actually enjoyable by doing it online through Alberta's Athabasca University. I did it over a few years, one course at a time, all year round. I loved my professors and virtual classmates — I still have friends I've never met in person — and I couldn't believe how much I learned.

It takes dedication and a desire to succeed, but for me it was much easier than attending university classes at night.

Online learning is best through an institution that specializes in distance education because they make the coursework truly interactive and fun. But be warned, it is more rigorous than face-to-face learning because you write everything including class discussions, group work seminars, research essays, and that final major thesis project. It certainly helps if you like to write.

"I loved my professors and virtual classmates — I still have friends I've never met in person"
NANCY BURT

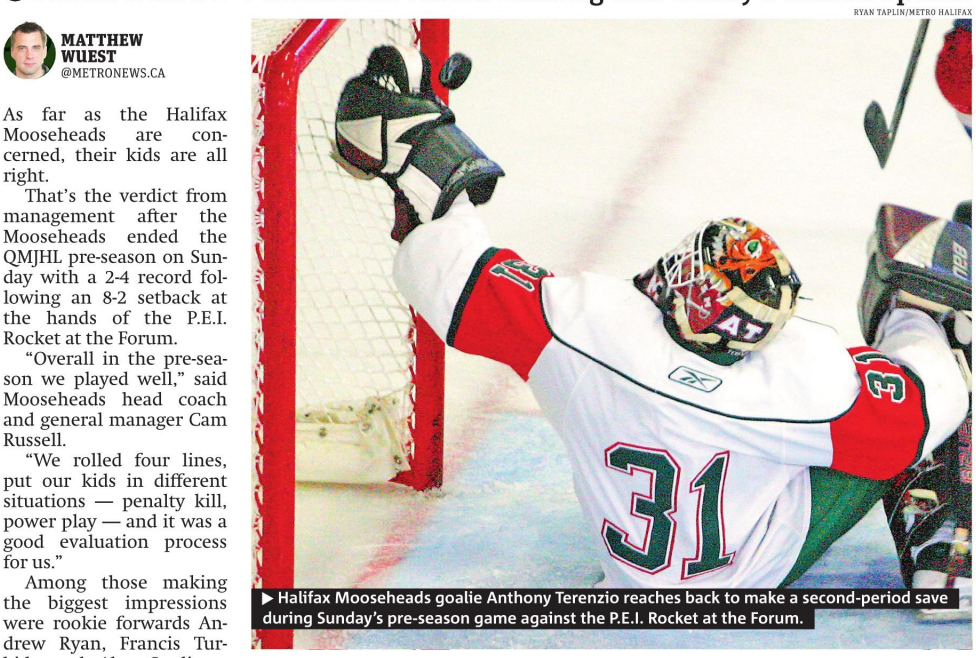
Would I recommend it? Absolutely!





Moose kids are all right

- Herd defeated 8-2 in pre-season finale against P.E.I. Rocket on Sunday
- Finish with a 2-4 exhibition record heading into Friday's season opener


RYAN TAPLIN/METRO HALIFAX

▶ Halifax Mooseheads goalie Anthony Terenzio reaches back to make a second-period save during Sunday's pre-season game against the P.E.I. Rocket at the Forum.

MATTHEW WUEST
@METRONEWS.CA

As far as the Halifax Mooseheads are concerned, their kids are all right.

That's the verdict from management after the Mooseheads ended the QMJHL pre-season on Sunday with a 2-4 record following an 8-2 setback at the hands of the P.E.I. Rocket at the Forum.

"Overall in the pre-season we played well," said Mooseheads head coach and general manager Cam Russell.

"We rolled four lines, put our kids in different situations — penalty kill, power play — and it was a good evaluation process for us."

Among those making the biggest impressions were rookie forwards Andrew Ryan, Francis Turbide and Alex Souligny. Each member of the rookie trio collected two goals and two assists in five games.

On defence, 16-year-old Simon Desmarais surprised everyone by making the team, while 17-year-old goaltender Anthony Terenzio had his share of shining moments.

"It doesn't matter where you're drafted," Russell said. "There are some kids who really impressed us — who came out of nowhere — and deserve to play."

The Mooseheads open the QMJHL regular season on Friday at 7 p.m. at the Metro Centre against the Cape Breton Screaming Eagles.

Notes

- Goaltender Mathieu Corbeil (Columbus Blue Jackets), defencemen Sawyer Hannay (Vancouver Canucks) and Konrad Abeltshauser (San Jose Sharks) leave early this week for NHL rookie tournaments.
- Corbeil had a tough outing on Sunday, allowing six goals on 10 shots in a half game of duty. He allowed 11 goals on 31 shots in the pre-season.
- Defenceman Garrett Clarke led the Mooseheads in pre-season scoring with two goals and three assists in five games. He also had 21 penalty minutes.
- Halifax's Ben Duffy potted two goals and added an assist for the P.E.I. Rocket in Sunday's 8-2 win over the Mooseheads.

Canadians earn split

The Halifax Pelham Molson Canadians are coming home with a split.

The Canadians bounced back from a 12-5 afternoon loss to post a 4-3 victory over the Sydney Sooners last night as the Nova Scotia Senior Baseball League semifinals got underway yesterday in Sydney.

Paul Davie was the hero for the Canadians with the game-winning RBI in the top of the ninth inning with two outs. Ryan Veinot added a three-run homer.

Pitcher Barrett Bellefontaine gave up just five hits in nine innings for the victory.

The remaining schedule for the best-of-five series hasn't yet been announced.

● METRO/CAPE BRETON POST

Sports in brief

Injury keeps Glavic out

CIS. Calgary Dinos quarterback Erik Glavic, a former Saint Mary's Huskies star, will not play this week because of a knee injury, according to the Calgary Herald.

The extent of the injury is not known, but it is not the same knee he injured at Saint Mary's in 2007.

Clark wins Peterbilt 250

AUTO RACING. Maine's Johnny Clark won the Peterbilt 250 at Speedway 660 in Geary, N.B., on Saturday night.

Enfield's Shawn Turple came out with a second-place finish for the second straight year.

● METRO HALIFAX

4 sports

Football

Justin Palardy

The former Saint Mary's Huskies star kicked three field goals in the Winnipeg Blue Bombers' 27-23 loss to the Saskatchewan Roughriders in CFL action on the weekend.



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Sports in brief

Texans sign Leinart: Agent

NFL. Matt Leinart has agreed to a one-year deal with the Houston Texans, according to agent Tom Condon. Leinart was cut by Arizona Saturday. Condon confirmed in a phone interview with The Associated Press yesterday that Leinart had reached a deal with the Texans. METRO

Als' Spencer stabbed: Source

CFL. Montreal Alouettes linebacker Walter Spencer was taken to hospital early yesterday morning after being stabbed in a bar. A CFL source who requested anonymity said Spencer got into an argument with another person when he was "attacked" and stabbed twice, once in the lung. METRO

Top-seeded Woz on to the next one

AL BELLO/GETTY IMAGES



▶ Caroline Wozniacki celebrates match point against Maria Sharapova yesterday.

Wozniacki beats mistake-prone Sharapova to reach quarter-finals

Forehands, backhands, big serves. Caroline Wozniacki got almost everything back yesterday, frustrating Maria Sharapova in a 6-3, 6-4 victory to advance to the quarter-finals of the U.S. Open.

Top-seeded Wozniacki won the way she always does — by chasing down hundreds of balls and forcing the other player into making mistakes.

The 14th-seeded Sharapova, trying to return to the quarter-finals at Flushing Meadows for the first time since winning it all in 2006, fought for longer than any of Wozniacki's opponents to this point. But as the pressure of Wozniacki's consistency built, the hard-hitting Russian went for even more, with limited results.

Sharapova wound up making 36 unforced errors. Wozniacki finished with 10 in what was, by far, her biggest challenge of the tournament thus far.

"I knew it wasn't going to be easy," said Wozniacki, who lost to Kim Clijsters in the final last year. "I got a lot of experience from last year, so it definitely helped me today."

Wozniacki improved to 18-1 since Wimbledon and stretched her winning streak to 12 matches. Through her first four U.S. Open matches, she has lost a total of 10 games. Maybe most impressive, though, is this stat: She's made 40 unforced errors, compared to 123 by her opponents.

In men's action, Roger Federer reached the quarter-finals at a 26th major in a row by beating No. 13 Jurgen Melzer of Austria 6-3, 7-6 (4), 6-3 in last night's final match.

He will take on No. 5 Robin Soderling in the quarter-finals.

THE ASSOCIATED PRESS

Quarters

- Next up, "Woz" plays 45th-ranked Dominika Cubulkova, who defeated No. 11 Svetlana Kuznetsova 7-5, 7-6 (4) earlier yesterday.
- The other quarter-final on that side of the draw will be No. 31 Kaia Kanepi of Estonia against No. 7 Vera Zvonareva, who overwhelmed 38th-ranked Andrea Petkovic of Germany 6-1, 6-2 last night.
- Third-seeded Novak Djokovic reached the men's quarter-finals at the U.S. Open for the fourth consecutive year by outclassing No. 19 Mardy Fish 6-3, 6-4, 6-1.
- Fish's exit leaves one U.S. man in the tournament, No. 20 Sam Querrey, who is in fourth-round action today against No. 25 Stanislas Wawrinka.





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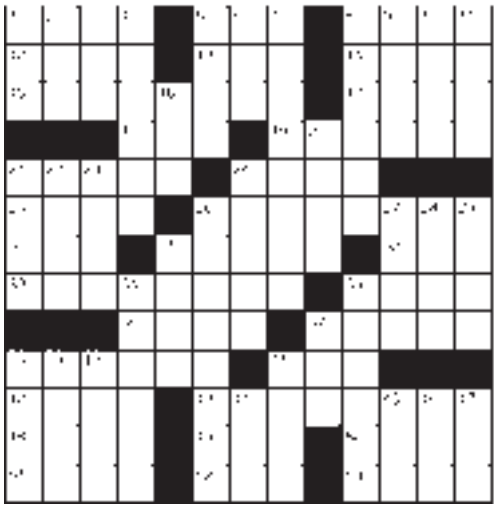


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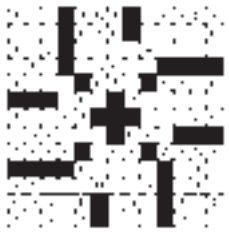
Crossword



Across
1 Taj Mahal city
5 Pitch
8 Duel tool
12 Housetop
13 Spoon-bender Geller
14 MRI forerunner
15 Pent up
17 Gardening aid
18 Genetic abbr.
19 Bureau part
21 Frat party garb
24 Follow relentlessly
25 Partner in crime
26 Post-parade litter
30 Whopper
31 "Ulysses" author
32 Court
33 Meeting attendant
35 Deserve
36 Fat
37 Fools
38 Crazy
41 Matterhorn, e.g.
42 Adolescent
43 Colleague
48 Mountaineer's grip
49 Pair
50 Rainbow
51 Base runner's goal
52 D.C. VIP
53 "The Price Is Right" props

Down
1 Joan of —
2 Stickum
3 Harry Potter's best friend
4 Public brawl
5 Albacore, e.g.
6 Exist
7 "Good —!" (welcome relief)
8 Breathe out
9 Ship's nose
10 Facility
11 Watchful one
16 Officeholders
20 Abundant
21 Body powder
22 Hodgepodge
23 Singer Campbell
24 Tampered (with)
26 Fixes typos
27 "— the night before ..."
28 Rent
29 Charged bits
31 Billie — King
34 Projecting rim
35 Vivacious cleverness
37 TV alien
38 Pruritus
39 Infamous lyre player
40 Line of fashion?
41 Unsigned (Abbr.)
44 Have bills
45 Historic time
46 Predetermine the outcome
47 Ar follower

▶ Yesterday's answer



Sudoku

	3			6			7	
		8	1		4	9		
4								6
9		2				7		1
			5		8			
8		3				2		5
1								9
		5	6		3	8		
	7			4			1	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

6	9	5	7	3	4	8	2	1
8	4	7	2	9	1	5	3	6
2	3	1	5	8	6	4	7	9
4	6	8	1	5	3	7	9	2
1	2	9	4	7	8	6	5	3
7	5	3	6	2	9	1	8	4
9	8	4	3	1	5	2	6	7
3	1	2	8	6	7	9	4	5
5	7	6	9	4	2	3	1	8

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PACITA: You are the most beautiful woman in the world and you complete me as a human being. I swear I'll love you forever, because you are the best thing that ever happened to me!
ETERNALLY YOURS, LIPE

Please don't go this time again. It will never be easy to do a life without you. I have learned so much from you. And I need you on my bed every night. I love you with all my heart Adrian
LOVE LAURA

Sly, these last few weeks together have been heavenly. You always know how to electrify me! Thank you for paddleing my boat.
XOXOXO, DEVON

Thank you for everything. Thank you for the special moment, September 3rd. No matter what I'll be there for you. Je t'aimerai toujours.
SNOOPY

The Weather Network
Today Variable 23° / 14°
Wednesday Partly sunny 20° / 16°
Thursday Showers 22° / 14°

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You want to break free of habits and routines you know are holding you back, and what happens over the next few days will encourage you to be brave and change for the better.

♉ Taurus April 21-May 21 You have everything going for you at the moment, so make the most of your opportunities while they are still there. Nothing stays the same forever, so get off your backside and be the change you want to see in the world.

♊ Gemini May 22-June 21 Domestic matters need to be handled with care as the new week begins, not least because loved ones could be rather touchy over the next 24 hours.

♋ Cancer June 22-July 22 If certain people are being less than supportive then maybe it's time you got some new friends. You don't have to stick with the same old crowd. You don't have to think you owe them anything.

♌ Leo July 23-Aug.23 Things will start to go your way again over the next few days and your confidence will quickly return to its natural high level. Even so, money matters need to be handled with care.

♍ Virgo Aug. 24- Sept. 22 Don't take any notice of what others say is and is not possible. Listen only to what your inner voice tells you. You can sense that something wonderful is going to happen this week.

♎ Libra Sept. 23-Oct. 23 You seem to be under the impression that someone is out to get you and that you need to watch every step you take. It's more of an illusion that an impression and it's holding you back unnecessarily.

♏ Scorpio Oct. 24-Nov. 22 A door that has been closed to you in the past is opening inch by inch and by midweek at the latest the gap should be big enough for you to walk through with ease.

♐ Sagittarius Nov. 23-Dec. 21 People in positions of power will look kindly on you over the next few days, so be ready to take your chance and move up in the world, if that's what you desire.

♑ Capricorn Dec. 22-Jan. 20 You have spent enough time helping others, now it is time to help yourself. The planets are very much on your side right now, so make your plans and make your move when the moon is new in midweek.

♒ Aquarius Jan. 21-Feb. 18 Someone you have been in dispute with for quite some time is sending out signals that they want your feud to end. That's great, but it must be on the right terms.

♓ Pisces Feb. 19-March 20 Cosmic activity in your opposite sign of Virgo may be making life a bit of an uphill struggle at the moment but things will improve dramatically over the next few days. SALLY BROMPTON

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TRYP Cayo Coco • 4★

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Varadero via Toronto

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+Taxes & other fees (including service charges): $240

MEXICO

Cancun/Riviera Maya

Occidental Grand Xcaret • 4 1/2★

All-Inclusive • Deluxe rm.
Feb. 27 • 1 wk.

$939
+Taxes & other fees (including service charges): $285

Gran Bahia Principe Tulum • 5★

All-Inclusive • Standard rm.
Feb. 27 • 1 wk.

$1209
+Taxes & other fees (including service charges): $285

DOMINICAN REPUBLIC

Punta Cana via Montreal

Occidental Grand Punta Cana • 4★

All-Inclusive • Junior suite
Sept. 11 – 26 • 1 wk.

$559
+Taxes & other fees (including service charges): $326

Grand Bahia Principe Punta Cana • 5★

All-Inclusive • Junior suite
Sept. 11 – 26 • 1 wk.

$599
+Taxes & other fees (including service charges): $326

BAHAMAS

Great Exuma via Toronto

Hideaways at Palm Bay Beach Club • 3 1/2★

Garden view studio
Oct. 3 – 24 • 1 wk.

$1029
+Taxes & other fees (including service charges): $208

MEXICO

Puerto Vallarta /Riviera Nayait via Toronto

Meliá Puerto Vallarta • 4★

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Deluxe garden view rm.
Nov. 13 • 1 wk.

PRIVILEGES
$1289
+Taxes & other fees (including service charges): $289

JAMAICA via Toronto

Sunset Jamaica Grande Resort & Spa • 4 ★

All-Inclusive • Standard rm.
Sept. 15 – 22, 26 & 28 • 1 wk.

PRIVILEGES
$849
+Taxes & other fees (including service charges): $293
Please add $50 for Sat. & Sun. departures

Gran Bahia Principe Jamaica • 4 1/2★

All-Inclusive
Junior suite
Sept. 15 – 22, 26 & 28 • 1 wk.

PRIVILEGES
$949
+Taxes & other fees (including service charges): $293
Please add $50 for Sat. & Sun. departures

ANTIGUA via Toronto

Jolly Beach Resort & Spa • 3 1/2★

All-Inclusive
Standard oceanview rm.
Oct. 2 – 30 • 1 wk.

$1349
+Taxes & other fees (including service charges): $249

SAINT LUCIA via Toronto

Coconut Bay Beach Resort & Spa • 4★

All-Inclusive
Deluxe garden view rm.
Oct. 2 – 30 • 1 wk.

$1449
+Taxes & other fees (including service charges): $238

USA

PHOENIX | via Toronto

Hotel Indigo Scottsdale • 3★

Continental breakfast
Standard rm.
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